

# *Dialogue Four Corners: Mental Health*

## **BREAKOUT GROUPS CHARTING THE NEXT GENERATION OF NIMH RESEARCH**

Thursday, April 24, 2003

The Breakout Groups are designed to give participants an opportunity to discuss their concerns, thoughts, and suggestions with NIMH on FOUR different priority topic areas. The interests and issues of the participants will shape discussion in each group, but as a guide for choosing the group you would like to join, here are some potential questions the groups may address:

### **1. ISSUES IN MENTAL HEALTH FOR AGING POPULATIONS**

Location: Fiesta 3/4

Moderator: Charles F. Reynolds III, MD, *Professor, Department of Psychiatry, Neurology and Neuroscience, University of Pittsburgh School of Medicine; Member, National Advisory Mental Health Council*

- What are the special mental health concerns of elderly individuals in the Four Corners area? What are the barriers to receiving comprehensive care for mental and other physical illnesses?
- How do services that do not incorporate the cultural traditions and practices of the Four Corners area affect care? What can be done to address this situation?
- Do different cultural traditions and practices help protect people from the effects of a mental illness or influence how they perceive or seek help? Could such practices be used more systematically to help more people?
- How are caregivers affected by mental illness in a loved one?

### **2. TRADITIONAL HEALING IN MENTAL HEALTH AND SUBSTANCE ABUSE**

Location: Pavilion 2/3

Moderators: Raymond Daw, *Executive Director, Na'Nizhoozhi Center, Gallup, New Mexico* and William C. Vanderwagen, MD (invited), *Assistant Surgeon General; Acting Chief Medical Officer, Indian Health Service*

- How are the values, beliefs, and healing practices of different cultural groups accounted for in mental health research and services? What research is needed in this area—what do we need to know?
- How do the perceptions of traditional healing practices and western medicine influence help-seeking behavior, use of mental health services, and response to care in various cultures?
- Would an active exchange of ideas and methods concerning different traditional healing and western medical practices influence appropriate treatment and services? How could such a collaboration be facilitated?

### 3. CHILD AND ADOLESCENT CARE

Location: Enchantment A/B

Moderator: James P. McNulty, *President, Depression and Bipolar Support Alliance of Rhode Island; President of the Board of Directors, National Alliance for the Mentally Ill (NAMI); Member, National Advisory Mental Health Council*

- What are the mental health concerns specifically facing children and adolescents in the Four Corners area? What are the barriers for young people and their families in seeking and receiving treatment?
- What types of interventions exist for young people in the Four Corners area? What research needs to be done to improve them?
- How does stigma affect children and adolescents and their families? Does this vary across communities or cultures?

### 4. FOSTERING CAREERS IN MENTAL HEALTH RESEARCH *(for students & faculty)*

Location: Pavilion 1

Moderator: Ernest Marquez, PhD, *Director, Office for Special Populations, NIMH*

This breakout group is designed to give students and faculty an idea of the types of opportunities that exist for young people, women, and underrepresented minorities to pursue careers in mental health research. Discussion may also focus on the following questions:

- What constitutes a career in “mental health research?” Is the only success a Ph.D.?
- How does one get started? What are the different paths to pursue?
- How can the work of researchers from historically underserved communities be designed to benefit their own communities? Can a community/university partnership lead to research focused on the needs of the communities?
- What are the challenges and barriers regarding the recruitment and retention of women and underrepresented minorities in mental health research? What can we do to overcome them?



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